



The Nottingham

A Loretto Community

INDEPENDENT LIVING Weekly Telegraph



November 11 – November 17, 2024

The Nottingham Channel 1340

A publication for Residents and Employees

- Calendar of Events
- Coming Attractions
- Special Announcements
- Birthdays

Shannon Loughlin, Director of Life Enrichment

Jami Leone, Recreation Specialist

Jess Wood, Wellness and Fitness Coach

315-413-3903

315-413-3171

315-413-3817

Grandparents Program

A new, monthly program with
Interfaith Works and Parkview
Academy Charter School
First-Third graders

*Reading, games and more
activities together!*

First meet-and-greet
Wednesday, November 13th
at 1:30 p.m.
In the TV Room



**This is a progressive course with
Le Moyne Occupational Therapist
Paul Musso, O.T.**

**Sessions start on Tuesday Nov. 12th
from 11:00 a.m. to 12:00 p.m.
in the TV room and meet on the following
Tuesdays:**

Nov. 12 (first session)

Nov. 19

Nov. 26

Dec. 3

Dec. 10

Dec. 17 (last session)












***All sessions should be attended to
benefit from this program.***

**Registration is required!
Please call Life Enrichment
at 315-413-3171 to sign up.**

Resident Store Hours: Open 1 p.m. – 4 p.m.

MONDAY, NOVEMBER 11, 2024










Buffalo Pharmacy office hours: 10 a.m. -12 p.m. in the Resident Store.
Medication and Sharps disposal are available with pharmacist during this time.











9:00 a.m. - 9:45 a.m.		NO Aquatics Exercise with Jess in the Pool
9:45 a.m. - 10:30 a.m.		NO Open Swim/Lap Swim in the Pool
10:30 a.m.		Move and Groove with Jami in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		Gentle Yoga with Jami in the T.V. Room
12:00 p.m.		Veteran's Day Luncheon in the Clubhouse Prior RSVP Required to attend
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:30 p.m.		Mahjong for advanced players in the Arts & Crafts Room New players welcome! This is a resident-run activity.
1:30 p.m.		Veteran's Day Presentation in the T.V. Room All residents welcome for a brief presentation honoring our resident and staff Veterans.
2:30 p.m.		Oasis Online Course: The Presidents XI in the 1 st Floor Conference Room. Prior registration with Oasis required.
3:00 p.m. - 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.

Due to ongoing issues with the volume on Channel 1340, the 8:00 p.m. programs have been cancelled at this time.











TUESDAY, NOVEMBER 12, 2024







10:15 a.m.		Mindful Movement Class with Emily, O.T. in the T.V. Room
10:15 a.m.		Seated Exercise Video on the Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		Le Moyne Falls Prevention Class First Session in the T.V. Room. Registration Required. Call Life Enrichment to sign up at 315-413-3171.
1:30 p.m. - 3:00 p.m.		Open Swim/Lap Swim in the Pool
1:30 p.m.		Spiritual Services for All in the T.V. Room With David Pasinski, Prelude by Fred Fiske and postlude by Richard Weiskopf. All are welcome.
2:30 p.m.		Mahjong for beginners in the Arts & Crafts Room New players welcome! This is a resident-run activity.
2:30 p.m.		Pitch Card Game in the Memories Lounge This is a resident-run activity.
2:30 p.m.		Spirited Aging Discussion with Nottingham Chaplain Mary Colleen Sinnott in the 1 st Floor Conference Room. All are welcome.
2:45 p.m.		BINGO in the T.V. Room This is a resident-run activity. Cost to play: \$1 + \$1 per board
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.
7:00 p.m.		S.U. Men's Basketball Game vs. Colgate <i>Available on STREAMING ONLY on ESPN+ or ACC Extra.</i>
7:15 p.m.		Musical Performance in the T.V. Room With a classical music performance by Ida Tili-Tribecka, Coordinator, Keyboard Department Setnor School of Music at Syracuse University, and students.

WEDNESDAY, NOVEMBER 13, 2024		
9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Exercise Class with Jess in the T.V. Room
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		Gentle Yoga with Jess in the T.V. Room
1:00 p.m.		Bridge in the Memories Lounge This is a resident-run activity.
1:00 p.m.		Oasis Online Course: Children of War in the 1st Floor Conference Room. Prior registration with Oasis required.
1:30 p.m.		Stock Market Group in the Glens Community Room This is a resident-run activity.
1:30 p.m.		Grandparents Program in the TV Room Meet and greet 1 st - 3 rd graders from Parkview Academy!
3:00 p.m. – 4:30 p.m.		Happy Hour in the Clubhouse with piano and vocal performance by Jill Minye. Enjoy the new weekly cocktail special!
4:30 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu.

THURSDAY, NOVEMBER 14, 2024		
9:00 a.m. - 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Exercise Video on the Nottingham Channel (Ch. 1340) Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		Exercise Class for all residents in the T.V. Room
11:00 a.m.		Nottingham Continuum of Care Presentation / Q & A in the T.V. Room with Susan Archer and Jen Birchler presenting on homecare.
11:00 a.m.		Manicures with Jami in the Arts and Crafts Room Please sign up for a spot by calling Jami at 315-413-3171
12:00 p.m.		Upstate HealthLinks Virtual Seminar in the T.V. Room: Healthy & Enjoyable eating for the holidays with Speaker: Heather Dorsey, RD, CDN, Upstate Nappi Wellness Institute. It can be challenging to make healthful food choices during holiday gatherings. Registered Dietitian Heather Dorsey will provide information on healthy eating guidelines to fuel your mind and body.
1:00 p.m.		Poker in the Memories Lounge This is a resident-run activity. New players welcome! (Free to play — no gambling)
1:00 p.m.		Oasis Online Course: The Civil War in the 1st Floor Conference Room. Prior registration with Oasis required.
1:30 p.m.		Resident Forum in the T.V. Room All residents encouraged to attend for updates from each department committee.
3:00 p.m.		Cornhole Bean Bag Toss Game in the T.V. Room All are welcome to join and learn!
3:00 p.m.		Former Educator's Meeting in the Arts and Crafts Room
3:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu

FRIDAY, NOVEMBER 15, 2024

9:00 a.m. - 9:45 a.m.		Aquatics Exercise with Jess in the Pool
9:45 a.m. – 10:30 a.m.		Open Swim/Lap Swim in the Pool
10:30 a.m.		Zumba with Dr. Ann on The Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		Fitness Fun with Jess in the T.V. Room This week: Seated Volleyball
11:00 a.m.		Weekly Wrap-Up in the T.V. Room A current events discussion group. Bring news articles to share. This is a resident-run activity.
1:30 p.m.		Bible Study in the Arts and Crafts Room With Pastor Tom Worth. All are welcome to join.
1:45 p.m.		Helping Hounds visit in the T.V. room Come meet some furry friends!
2:00 p.m.		Knit-Wits in the Memories Lounge New members always welcome! This is a resident-run activity.
4:00 p.m. – 7:00 p.m.		The Clubhouse is open! Enjoy specialty drinks & Clubhouse menu
7:00 p.m.		BINGO in the T.V. Room This is a resident-run activity. \$1 to play + \$1 per board







SATURDAY, NOVEMBER 16, 2024		
10:30 a.m.		Seated Yoga on The Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
10:30 a.m.		Seated Balloon Volleyball in the T.V. Room This is a resident-run activity.
1:30 p.m.		65 Card Game in the Arts and Crafts Room This is a resident-run activity.
2:00 p.m.		Train Dominos in the Memories Lounge This is a resident-run activity.
2:00 p.m.		Let's Play Chess in the Bistro This is a resident-run activity.
3:00 p.m.		SU Football vs. California on Channel 6 Residents may watch together in the T.V. Room!

HANDY HINTS . . .

The resident library is looking for donations of new fiction, non fiction, and local history. Please no reference or textbooks, cookbooks, or well loved/worn materials at this time. There's a donation bin located in the library. Thank you!



SUNDAY, NOVEMBER 17, 2024

10:30 a.m.		Seated stretching on The Nottingham Channel 1340 Due to ongoing issues with Channel 1340, there may be no audio for this class. We apologize for the inconvenience.
11:00 a.m.		Catholic Mass with Father Kehoe In the D-Wing Chapel
11:00 a.m.		Catholic Mass with Syracuse Diocese Priests In the T.V. Room
2:00 p.m.		Scrabble in the Arts and Crafts Room All are welcome! This is a resident-run activity.
2:30 p.m.		Sunday Movie in the T.V. room: Past Lives Past Lives is a 2023 romantic drama film written and directed by Celine Song in her feature directorial debut. Starring Greta Lee, Teo Yoo, and John Magaro, it follows two childhood friends over the course of 24 years while they contemplate the nature of their relationship as they grow apart, living different lives. The plot is semi-autobiographical and inspired by real events from Song's life. RUNTIME: 106 MINUTES
3:00 p.m.		Pinochle in the Memories Lounge This is a resident-run activity.

November

"FIND INSPIRATION IN THE FALLING LEAVES AND THE CRISP NOVEMBER AIR." – UNKNOWN

